

Sample Menu

Tips for Feeding Your Child

Foods for Your Child 4-6 years

Breakfast

1 cup 2% milk
¾ cup dry cereal
1 small banana

Snack

¾ cup orange juice
3 graham crackers

Lunch

1 peanut butter and jelly sandwich
3 to 4 carrot sticks
½ cup sliced apples
1 cup 2% milk

Snack

¾ oz cheese
5 wheat crackers

Dinner

2 oz. broiled chicken
½ cup green beans
½ cup potatoes
1 roll
1 cup 2% milk
1 oatmeal cookie

- ☼ Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
- ☼ Children like eating with the family and want to eat what you eat. Set a good example for your child.
- ☼ Let your child's appetite be your guide because your child's appetite may vary day to day. Do not force your child to eat.
- ☼ Children need healthy snacks between meals.
- ☼ Tastes change. Foods once refused may later be accepted. Keep offering different foods to your child.
- ☼ Your child may want to eat the same foods for several days. Don't worry, this is normal behavior for this age.
- ☼ Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped to prepare.
- ☼ Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

Adapted from the Tennessee Department of Health by
New Jersey WIC Services 2003



TIPS FOR

What is a Child-Size Serving?

FOOD GUIDE PYRAMID

Grains



- 1 slice bread or tortilla
- ½ cup rice or pasta
- ½ cup cooked cereal
- ¾ cup dry cereal
- 3 to 4 small crackers

Vegetables



- ½ cup raw vegetables
- ½ cup cooked vegetables

Fruits



- ¾ cup fruit juice
- 1 small fruit or ½ cup

Milk



- 1 cup milk or yogurt
- 1 ½ oz. cheese
- 1 ½ cup ice cream
- 1 cup frozen yogurt

Meat



- 2 oz. meat, poultry, or fish
- 2 eggs
- 1 cup cooked beans or peas
- 4 Tbsp. peanut butter

If your child gets thirsty in between meals and snacks, offer water instead of juice, milk, Kool-Aid, sports drinks, or soda.

for Young Children

A Daily Guide for
2- to 6-Year-Olds



REMEMBER:

Your child may need more servings than the general recommendations.

Ask your nutritionist what number of servings is right for your child.